

FOR THE LANDSMAN WHO GOES TO SEA

By LEONARD K. HIRSHBERG, A.B., M.D.

ALl adjectives and ill have three degrees—have one. Seasick and seasickness are always in the superlative. Even a "light touch" is agony to the victim, and to him is just as bad as the worst case ever suffered by mortal.

And yet, in itself, seasickness is no more dangerous than a stubbed toe, and not nearly as terrible in its possible effects as a severe bump of the knee. For the knee is one of the most sensitive portions of the anatomy, while the much-abused, yet patient, stomach can stand a lot of bad treatment.

Just what the percentage of average travelers is who succumb to seasickness savants have neglected to figure, but a conservative may place it at about 90 per cent. So, when statistical steamship agents tell you that probably 400,000 persons travel by boat on the Atlantic and Pacific oceans and the great lakes each year, you can easily compute the number of seasick sufferers at 360,000 persons. And seasickness is no respecter of persons—prince and pauper, young and old, man and woman, all alike suffer from its pangs. Even animals feel it, and feel it sorely, while some persons never outgrow it, no matter how often they go to sea.

Sailing out of port on regular trips are more than half a dozen well-known navigators who "pay tribute to Neptune," as it is euphemistically expressed, every time they strike deep water. The attack does not last long with these victims, but it is doubly conspicuous because of their position.

As every one knows, seasickness is caused by the motion of a vessel at sea, but just how the motion acts on the bodily organism is still an open question.

According to some authorities, the violent and unaccustomed movements of the stomach produce gastric disturbances, and these disturbances cause vomiting. By others the theory is advanced that the center of disturbance is the central nervous system, which becomes demoralized by the strange impressions striking the eyes.

Circulation in the media oblongata is impeded, say still others, with the result that a sort of storm develops in the nerve controlling the stomach. Finally, others aver that the imagination is much to blame, or that the brain itself is shocked, or that muscular fatigue, caused by efforts to maintain one's balance, is the real cause of the trouble.

On the whole, probably all of these things help. At all events, it makes no difference to the sufferer, and you may select your own cause when you next travel on the briny.

But the first symptoms are somewhat alarming. Comes a faint sense of giddiness; a creepy, chilly feeling of light-headedness. Oftentimes a perspiration breaks out on hands and forehead; your stomach seems sinking—and then comes nausea.

Regardless of the direction of the wind, the victim rushes to the side of the ship and gives up his last meal. Tears fill his eyes and his face grows white and his whole body becomes cold and clammy.

Hanging painfully to a stanchion, the sufferer waits not the passage of time nor cares for the coming of eternity. He is paralyzed, overcome by the pangs of a nameless, unearthly terror. Then kind hands lay hold on him and lead him to his cabin, where he lies in most abject misery for periods varying from 24 hours to the length of the voyage, be it six days or sixteen.

Sometimes, however, nausea does not develop, and this kind of sickness is described by its victims as even worse than that in which one gives up all within him. As the unaccustomed sufferers say that their form is the worse, the question is still open for discussion.

At all events, no pang known to terra firma equals in sheer terror and misery the despairing, lost sensation of the seasick. First, say those who know whereof they speak, the victim harbors a horrible fear that he is going to die. In the next stage he becomes apathetic and doesn't care a playmate whether he dies or not; in the third stage he hopes that he will die, and prays for succor from suffering.

"Please throw me overboard," is the plea frequently urged upon sea captains by unhappy sufferers, and at the time they really mean it.

Finally, the victim fears that he will not die, and longs for strength to enable him to rush to the side and hurl himself into the depths of the ocean.

Far from being a dangerous affliction, however, seasickness is beneficial in many cases, and a large majority of travelers are improved in health, rather than harmed, by the complete rest and total abstinence it enforces.

People who never are seasick invariably eat too much at sea, the salt, crisp air whetting their appetites and



the luxurious bills of fare tempting their palates and stomachs to over-indulgence in good things. But the victim of seasickness cannot eat, and an occasional fast is a mighty good thing for the system.

As far as is known, no one ever died of seasickness, although frequently this cause is ascribed in reports of the death of travelers. In practically all such cases, however, some organic disease has been the real cause, and not the simple seasickness itself.

For example, a woman last summer was carried ashore from an Atlantic liner, unconscious and dying, after suffering from seasickness for the two weeks of the voyage. When the end came, her death was ascribed to exhaustion, following mal-de-mer, but the truth soon was demonstrated that she had been hopelessly ill with a heart malady when she had set sail.

Some veteran traveler once counted one thousand and one alleged remedies for seasickness, but as the end was not in sight he stopped counting and roughly guessed that there must be ten thousand and ten. And each is as good as the other—or as useless. Still, each satisfies the patient's wild yearning to take something for it, and so eases his mind and contributes for it, and so eases his mind and contributes for it, and so eases his mind and contributes for it.

So, too, with preventive measures; they are as numerous as the vain imaginings of man. Some are absurd and others may really be useful. As a general rule, a landsman preparing for a voyage should prepare by taking, for two or three days before sailing, some mild aperient, preferably one of the less ardent bitter waters. The sea air has the peculiar effect of impeding the intestinal functions of most persons, and the aperient serves to counteract this tendency.

As soon as the first symptom of discomfort strikes you, retire to your cabin and lie down—stretching at full length on the couch. Lie on your side, with your face to the wall and close your eyes. If you use any pillow, let it be a flat one, so that your head may not be elevated. Then try to sleep.

Should this treatment ease you and relieve you, give reverent thanks, and, if however, nausea develops, prepare yourself for the worst of suffering and console yourself with the thought that "you are not the only one."

While the bromides, chloral, cocaine, chloroform and other drugs are useful in combating some of the more violent symptoms of seasickness, none should be taken without the advice of the ship's surgeon. Various wines and liquors also are recommended by certain authorities, but to be effective they must be taken in large quantities. And the relief is only temporary, the patient becoming gloriously drunk and sleeping off his "bun," only to wake up to renewed illness and nausea.

In some cases, however, champagne is really effective in relieving violent nausea, the effect being due to its carbonic acid gas, and practically the same result may be obtained by the use of soda water.

Best of all, say some surgeons of vast experience, is the plan of permitting the initial vomiting to continue.

"Leave the patient alone in his misery for a couple of hours," said one veteran to the writer. "By that time his stomach will be empty. Then give him a goblet of warm water, which will at once be ejected. After that administer half a dram of bromide of potassium in as large a quantity of water as he can swallow. If the bro-

mide solution is concentrated, it will make him vomit again, while if it is sufficiently diluted he will retain it. Put him to bed and an hour or so later give him another dose. Nine times out of ten he will drop off to sleep and will awaken well and hungry."

By other good authorities this treatment is said to be good in smooth water, but ineffective in stress of storm, when they aver, nature must take its course, and the seasick victims can only endure in what patience they may be able to muster.

The growing custom of taking sedatives and sleeping powders on shipboard cannot be too strongly condemned. Cocaine, morphine and similar depressants are contained in most of these elixirs, and, while effective enough when administered by a regular physician, such things are extremely risky when employed in an unscientific, haphazard manner. While morphine may make a person sleep, its other effects are often dissipation, and in many persons it excites vomiting rather than allures it. In consequence, the prudent voyager will steer clear of all "bracers" that contain it.

So, too, are cocaine, chloral and chloroform and similar "remedies" open to largely the same objection, albeit it is the theory of those who recommend them that they deaden the abnormal sensitiveness of the stomach lining and thus stop the vomiting. This may be all very true, but also it is true that their effects are not limited to the stomach, while, further than this, with healthy persons the vomiting of seasickness is by no means alarming. Indeed, severe "retching" without vomiting is often more painful and harmful than the vomiting, and fully as disagreeable.

"Hot water for mine when I'm seasick," says one man, and, "Hot, black coffee for mine," says another, and there you are.

A list of all remedies for seasickness would fill a large book, and would include all the bromides, anodynes, narcotics, opiates and anesthetics, to say nothing of a thousand and one other fearsome things. Besides there is a long list of mechanical devices for the prevention or cure of seasickness. Some persons use tight belts and others are addicted to ice bags on their backs, while another relies upon massage. Yet none of these measures has a sound theory to back it, and none has been found generally efficacious.

Some persons are always seasick, no matter how many voyages they make; others have never been seasick and never will be, no matter how stormy the weather. May you be one of the latter number.

WORDS OF MASTER OF SATIRE

George Bernard Shaw at His Best in Answer to Invitation of Frenchmen.

Rodin's Parisian friends gave him a luncheon in recognition of his promotion to the rank of grand cross of the Legion of Honor. G. B. Shaw, whom the French papers call merely an English humorist, declined an invitation to attend, saying he himself was already assured of immortality, as the encyclopedias will henceforth catalogue him: "Shaw, subject of a bust by Rodin; otherwise unknown."

Shaw concludes: "To entertain Rodin seems to me to be rather preposterous. It is as if Adam, after the seven days of creation, had offered a snuffbox to the Almighty with the remark: 'My congratulations! It's quite nicely done.' Personally I do not dare, but I trust Rodin will forgive me. He already has much to forgive his country, so he must be accustomed to it by now."

What he Wished to Know.

"Here's an article in this magazine entitled: 'How to Meet Trouble,' said Mrs. Wedderly. 'Shall I read it to you?'"

"No, thank you," replied his wife's husband. "How to dodge trouble is the brand of information I'm looking for."

Avoiding Attention.

"You look sweet enough to kiss," "Well, here is a railway station." "What's that got to do with it?" "Stupid! We'll go in there and when a train comes in I will rush up to you and throw myself into your arms."

ONE THING CERTAIN.



"Do you know," shouted the earnest orator, "what to do to the trust?" "No, but I know blame well what they're doing to us!" said a man in the front row.

SOFT, WHITE HANDS

May Be Obtained in One Night.

For preserving the hands as well as for preventing redness, roughness, and chapping, and imparting that velvety softness and whiteness much desired by women Cuticura Soap, assisted by Cuticura Ointment, is believed to be superior to all other skin soaps. For those who work in corrosive liquids, or at occupations which tend to injure the hands, it is invaluable.

Treatment—Bathe and soak the hands on retiring in a strong, hot, creamy lather of Cuticura Soap. Dry and anoint freely with Cuticura Ointment, and in severe cases spread the Cuticura Ointment on thin pieces of old linen or cotton. Wear during the night old, loose gloves, or a light bandage of old cotton or linen to protect the clothing from stain. For red, rough, and chapped hands, dry, fissured, itching, feverish palms, and shapeless nails with painful finger ends, this treatment is most effective. Cuticura Remedies are sold throughout the world. Potter Drug & Chem. Corp., sole proprietors, Boston, Mass.

Alms and the Man.

"Sara Father Flaherty was a good man," Mr. Murphy said of the deceased parish priest. "He hated sin but he loved the sinner, and he was all compassion and patience and wisdom. There never was another like him in the parish. He had a heart for the poor and the man that had any desire for good."

"Faith," said he to Con Meehan, the toime the b'by was down an' out, 'faith, this soide av paradise 'tist all beginning again, over an' over, an' tin toime over!"

"An' that keen," continued Mr. Murphy, "was never worth while to keep back part av the price av the land! Wid a twinkle in his eye he'd see clean through anny Ananias that iver walked."

"An' gin'rous!" Mr. Murphy's voice dropped to a lower key and his eyes were wet as he added, "His hand was always in his pocket, an' when they prepared him for burial they found his right arm longer than his left wid stretchin' it out to the poor."—Youth's Companion.

Didn't Care for Expenses.

They were seated at the breakfast table.

"John, dear," said the young wife, "this is my birthday."

"I'm glad you mentioned it, darling," rejoined her husband. "I'll buy you a present the first thing when I get downtown."

"Well," she said, "I hope you won't get any cheap 95-cent affair."

"Of course I won't," he replied. "Why, I would be ashamed to present you with anything that cost less than a dollar."

It Would Depend.

"Would you marry a man who wore side whiskers?"

"I might if I thought it would be worth while to reform him."

New discoveries in minerals are used by the doctors, new discoveries in machinery are used by the undertakers.

ARE YOUR CLOTHES FADED? Use Red Cross Ball Blue and make them white again. Large 2 oz. package, 5 cents.

Some women are beautiful when they are angry, but generally they are mean and ugly at such times.

Lewis' Single Binder cigar. Original Tin Foil Smoker Package, 50 straight.

Lots of marriages merely demonstrate that misery loves company.

What Ails You?

Do you feel weak, tired, dependent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heart-burn," belching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dizzy spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion, or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to medical science for the permanent cure of such abnormal conditions. It is a most efficient liver invigorator, stomach tonic, bowel regulator and nerve strengthener.

The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle wrapper and attested under oath. A glance at these will show that it contains no alcohol, or harmful habit-forming drugs. It is a fluid extract made with pure, triple-refined glycerine, of proper strength, from the roots of native American medicinal forest plants. World's Dispensary Medical Association, Props., Buffalo, N. Y.

ROUTT COUNTY, COLORADO, LAND BOOM PREDICTED.

Keen observers predict a big boom in property in Routt County, Colorado, the new town which is being built in the center of the Little Snake River Valley in Routt County, Colorado. A big irrigation system is being built to irrigate 60,000 acres of very fine land surrounding Wantland. The land is being sold by the State of Colorado for 50 cents per acre, under the Carey Act, and water rights cost \$25.00 an acre, in ten year payments. Sugar factories, flour mills, canneries, etc., are among the possible industries to be located at Wantland. Full information can be obtained from the Routt County Colonization Company, 1734 Welton St., Denver, Colo.

His Claim to Prominence.

At a social gathering a certain man, intent on knowing every one, was introduced to Senator Julius C. Burrows of Michigan.

"The name Burrows is very familiar to me," he said. "I am certain that you are a man of some prominence."

"Yes," replied Senator Burrows. "I am the man that 'died at first' just before Casey came to bat in that celebrated ball game in Mudville."—Success Magazine.

Otherwise Hopeless.

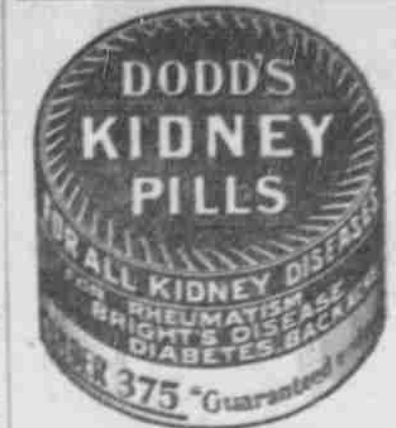
"My daughter's voice is to be tried today."

"Have you fixed the jury?"—Cleveland Leader.

The satirist can talk about the "average man" with impunity, because every man considers himself above the average.

Different.
"Yes, Brown will stick to anything he likes."
"True, but he doesn't like anything he has to stick to."—Puck.

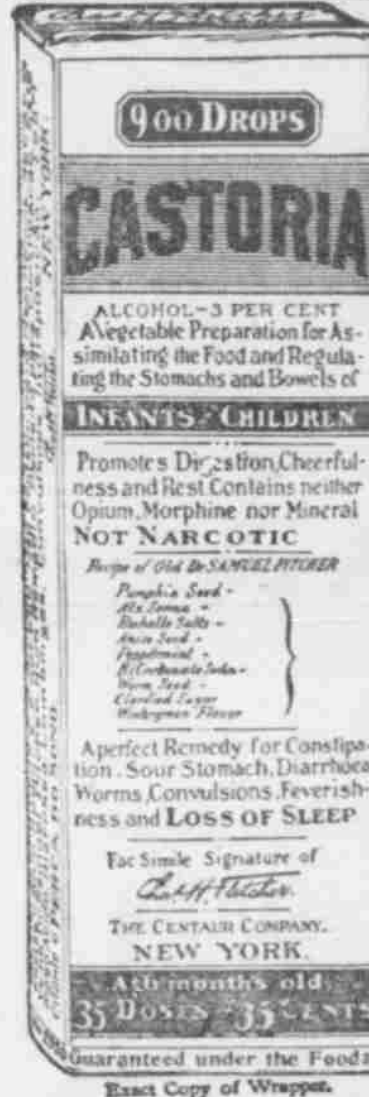
Sometimes a woman keeps on telling people how smart her husband is until she actually believes it.



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